

[Download pdf] A Cook's Guide to Chinese Vegetables

A Cook's Guide to Chinese Vegetables

Martha Dahlen

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#2452682 in Books 2001-05-15PDF # 1 #File Name: 9627502545138 pages | File size: 76.Mb

Martha Dahlen : A Cook's Guide to Chinese Vegetables before purchasing it in order to gage whether or not it would be worth my time, and all praised A Cook's Guide to Chinese Vegetables:

1 of 1 people found the following review helpful. A user's guide to a Chinese marketBy Rick CookSome of the vegetables here are familiar (i.e, bell peppers), others are more exotic (lotus root and wood ear fungus) but this tells you what you're looking at in a Chinese vegetable stand. Also includes recipes for both western and Chinese versions of the dishes.The vegetable selection and cooking styles are relentlessly Cantonese, which is hardly a drawback from my perspective.Invaluable for the intermediate and advanced Chinese cook.2 of 2 people found the following review helpful. Excellent Resource for Cooks and the Merely InquisitiveBy A CustomerThis is a well-researched book on a (for the non-Chinese and even for the non-Cantonese) somewhat esoteric and, perhaps, daunting subject, and the author is meticulous in giving details about each kind of vegetable. It is informative and clearly written. She is obviously familiar with the noisy, at times chaotic, but oh-so-fresh "wet" markets and home cooking situations in Hong Kong. She is able to bridge the gap between Cantonese-Chinese and American cultural sensibilities towards food and nutrition, making Chinese thinking on these topics more understandable. The drawings are lovingly rendered, enhancing the usefulness and appeal of this book.2 of 2 people found the following review helpful. Excellent Resource for Chinese Vegetable GardenersBy VioletThis is an easy to read with information and instructions on use, appearance, when to plant, and how to plant Chinese greens, beans, melons, cabbages, herbs, peas, and even water plants.If you're interested in growing Chinese vegetables, this is a great one for the library. Also includes English and Chinese names, planting table, and instructions for container gardening.

With many full-color illustrations and brilliant recipes, this marvelous book is now available again. Formerly known as *A Guide to Chinese Market Vegetables*, this invaluable book gives you all you need to know about those interesting, delicious vegetables in a Chinese supermarket. This is a great reference that you'll go to over and over, and it includes tips on identification and selection of veggies in a Chinese market, cooking advice, nutritional values, terrific full-color illustrations, and useful appendices. With an introduction by Martin Yan (*Yan Can Cook* PBS show) and illustrations by Karen Phillips.

An invaluable kitchen aid. -- *South China Morning Post* Lovers of Chinese cooking will find much of interest in this comprehensive guide to authentic Chinese vegetables. -- *Here's Health Magazine* Should be considered an indispensable reference for any with access to a fresh Chinese produce market. -- *Midwest Book About the Author* Martha Dahlen lives the San Francisco Bay Area, and is the author of *A Streetwise Guide: Chinese Herbal Medicine*.